MEN’S 4 CORNER BOX DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Ball Movement
Field Location: Half Field
Time Needed: 15 Min

Drill Style: Game
Field Position: Offense, Midfield, Defense
Skill Level: Intermediate

OBJECTIVE:
To have players work ball movement and possession during a shut off situation.

DRILL DESCRIPTION:
Set up a 4 on 4 inside the attack zone. The players on offense must make 3 passes while being guarded by the defense that is in a TOTAL shut-off inside the box. Once the offense completes 3 passes they can attack the goal, and the defense drops into a good help side defense. If the offense does not make 3 passes they must go again against a fresh defense.

SKILLS PRACTICED:
- V Cut
- Picks
- Backdoors
- Ball Movement
- Decision Making Under Pressure

VARIATIONS:
Change the number of passes, add an extra defender and work on a chasing double team, or vary the number of player on offense and work a stall for a set time period.